

NATIONAL APPLE DAY IS TUESDAY—APPLE NEWS

By R. J. Coyns.

National Apple Day occurs tomorrow and is now a permanent institution. It is the day of cheer and all are invited to join in its festivities.

There are many reasons why National Apple Day should be encouraged.

First of all, apples are a valuable commercial commodity and aid toward the nation's wealth when they are grown and distributed scientifically.

Second, their health value is unquestioned. Even with the knock given the doctor by the old time slogan—"An apple a day keeps the doctor away"—the doctor has many good words to say of the medicinal value of the apple. The modern slogan—"health's best way, eat apples every day"—is a more pleasing truth. The phosphorous in the apple is considered a great aid to brain workers, particularly if apples are eaten on retiring at night. From an economical standpoint a box or a barrel of nice juicy apples will satisfy and please more persons than any other article of food or luxury with which you can entertain them. From the humblest of humanity, to the millionaire, king or queen, the apple will be accepted from the barrel or box without the use of golden or silver platter, and such is the dignity of the apple, "King of Fruits."

So many good things can be said of the virtues of the apple, why not keep a nice box of apples near your desk and your cigar bill will be less? Even the other fellow who is accustomed to the use of strong drink will change when weaned to the liberal use of apples. Prohibitionist and temperance organizations should emblazon on their temperance banners:

"Don't drink pray—
Eat apples every day."

Accordingly, you see apples are also moral force. I might call them

"the sunshine fruit of cheer." The smiling school children are aided to health by apples, but do they get their share? The man or men who supply their neighborhood school with apples on National Apple Day will be blessed and revered with joy of giving and the pleasure that is experienced by making so many others happy.

Nature's best fruit, the sunshine fruit of cheer.

PLEASANT TO HEAR



"What a silvery ring there is in Mr. Hunter's voice."

"Yes. And when he proposed to me last night there was a diamond ring in it."

ATLANTA AXIOMS

Don't waste time or advice on people who can't take a hint.

The world is filled with bluffers who show up badly on a showdown.

Neighboring sympathy, sometimes, turns out to be about three-quarters curiosity.—Atlanta Journal.